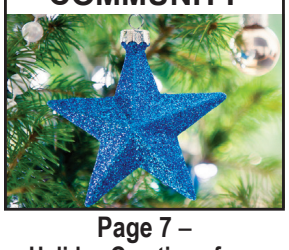
COMMUNITY



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EL CENTRAL

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COMMUNITY

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Holiday Greetings from
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Inicia construcción del centro de innovación de la U-M en Detroit

Por: Greta Guest. Michigan News

El Centro de Innovación de la Universidad de Michigan en Detroit inició su construcción el jueves con espectáculos musicales y con 13 palas sostenidas por los líderes asociados al proyecto.

"El inicio de las obras de hoy es mucho más que la promesa de un nuevo edificio. Es una expresión profunda de nuestro compromiso sostenido y duradero con la ciudad de Detroit y de nuestra fe en un futuro brillante para el estado de Michigan", dijo el presidente de la U-M, Santa J. Ono. "Es un momento de orgullo para todos nosotros".

La música del Trío de Jazz Estudiantil de U-M, los Madrigales de la Escuela Cass Tech y la Fanfarria de la U-M, marcaron el levantamiento ceremonial de la tierra y los comentarios positivos de los oradores.

El centro será financiado por una donación de $100 millones del donante Stephen M. Ross, $100 millones del estado de Michigan, una donación de tierras de 2.08 acres en la intersección de Grand River Avenue y West Columbia Street por parte de Olympia Development of Michigan, y se recaudarán $50 millones adicionales de donantes.

cont. en la pág. 3

UMCI Breaks Ground: Center to Spur Economic Growth, Educational Enrichment in Detroit

By: Greta Guest. Michigan News

The University of Michigan Center for Innovation in Detroit broke ground last Thursday, December 14th with high-energy musical performances and 13 shovels held by leaders of the partners bringing the project to fruition.

Pictured, left to right: Coleman A Young, II, Detroit city council member; Mary Waters, Detroit city council member and U-M Alum; UMCI Director Scott Shireman; Cass Tech Principal Lisa Phillips; Regent Jordan Acker; Board of Regents Chair Sarah Hubbard; Christopher Ilitch, chair and CEO of Ilitch Holdings; Detroit Mayor Mike Duggan; President Santa J. Ono; Stephen M. Ross, chairman of Related Cos.; Regent Mark Bernstein; Detroit City Council President Mary Sheffield; Regent Michael Behm; Provost Laurie McCauley; Geoff Chatas, chief financial officer; Fred Durhal, III, Detroit city council. Credit: Eric Bronson, Michigan Photography

"Today's groundbreaking is far more than the promise of a new building. It is a profound expression of our sustained and lasting commitment to the city of Detroit, and of our faith in a shining future for the state of Michigan," said U-M President Santa J. Ono. "It's a proud moment for all of us."

Music from the U-M Student Jazz Trio, Cass Tech Madrigals and the U-M Fanfare Band punctuated the ceremonial dirt lifting and upbeat comments from speakers.

The center will be funded by a $100 million gift from donor Stephen M. Ross, $100 million from the state of Michigan, a land donation of 2.08 acres at the intersection of Grand River Avenue and West Columbia Street from Olympia Development of Michigan, and an additional $50 million will be raised from donors.

cont. on pg. 3

Youth Violinists from Cesar Chavez Academy Play with the Detroit Symphony Orchestra

By Estefania Arellano-Bermudez
Photos by Jacob Lewkow

Brenda Garcia, and Nikolas Lopez-Gonzalez, have come a long way since they started playing the violin in middle school. The pair is still in high school, yet they have already performed with the Detroit Symphony Orchestra as part of the Civic Youth Ensemble.

A clip of their performance shows the gusto with which the teens approach music, meeting the challenge of Bach (Fugue in G minor) with passion and precision. They admit that sight reading is difficult for them, but you wouldn't guess it watching them perform. If you look closely enough, you can see them floating away with each note. Years of practicing classical music have infused them with the drive needed to meet musical challenges head-on.

Months before the DSO recital, the idea to play with the Civic Youth Ensemble was brought to them by Peter Whorf and Nensi Bakiu, their respective violin instructors at Michigan State University. When asked about their musical goals, both saw musical performance as a future aspiration. Each teen separately recorded a piece and submitted it online. Garcia and Lopez-Gonzalez auditioned, and then they forgot about it, thinking it was a long shot.

Garcia's recorded audition was Bach's Concierto for Two Violins. She was on summer vacation in Mexico when she received an email.

"I was excited, but I didn't think I would get past the audition process," Garcia said. "I feel very fortunate and thankful for the opportunity."

Garcia is inspired by classical masters like Bach, Mozart, and Paganini, but it was Mariachi music that got her interested in playing the violin. Her dream is to dance Ballet Folklorico and play the violin with a Mariachi band. Garcia looks forward to college because there, she will have a place to experiment with this idea, in particular, the Wayne State University campus, which already has a Ballet Folklorico dance troupe.

Nikolas Lopez-Gonzalez, left, and Brenda Garcia are well on their way to successful careers as accomplished musicians

"Mariachi music is very happy and can express pain, too… It's marvelous," she says.

Of her violin roots, her father bought a violin for himself. "I picked it up one day and started to play. My dad saw that I enjoyed playing the violin, so he told me to work at it."

She spent a month learning and then sought tutelage at Michigan State University, where she has been learning for the last three years.

Even at such a young age, she understands it's important to be herself and demonstrate her own interpretation of the music.

cont. on pg.6

Happy Holidays!!!!

EL CENTRAL will return on January 4th, 2024

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Navidad en el Barrio

By Adam Green, Detroit Firefighter at Engine 33 Ladder 13

Navidad en el Barrio is a toy drive program that the late David Madrigal, a Fire Engine Operator who worked at our firehouse in Southwest Detroit, started about 15 years ago to fill the gap for needy families in the neighborhood by providing toys and clothing during the holidays.

I took over the program about eight years ago when there were about 10 families and 30-40 kids. This year, I'm proud to say we were able to help out more than 50 families and over 250 kids in our community. We are excited to be able to continue to grow the program.

Why do we do this program? That easy to answer for my fellow firefighters and myself. It all ties back to the name "Navidad en el Barrio" which puts the focus on the neighborhood that we serve as public servants. We are here to save lives and protect property 24 hours a day, 365 days a year so to be able to also provide extra support during the holidays is another privilege we have here at the firehouse. We want to interact with our community above and beyond when they typically see us – which is usually during an emergency and one of the worst days of their lives. So to be able to bring joy to local families when it's not a typical fire or medical emergency is wonderful for everyone involved.

All the firefighters at E33 L13 wholeheartedly support the program. We also have many gracious civilians who step up to help whenever possible. Our top source of support is Western Country Club in Redford which holds an annual toy drive in conjunction with one of their annual holiday events. In addition, Abick's Bar & Grill also hosts a toy drive party and provides monetary donations. And Classic Storage Detroit graciously donates a substantial monetary gift each year to help us fill in gaps in gifts we need as the program continues to grow.

Merry Christmas, everyone!

Photo on right
Jesse Gonzalez, left, and Firefighter Adam Green prepare for the annual Navidad en el Barrio

Photo below
Volunteers wrap hundreds of presents at the fire station to give to families at the annual Navidad en el Barrio

Detroit Cristo Rey's Miranda Alonso Earns Full Scholarship to Notre Dame

Congratulations are in order for Southwest Detroit's Miranda Alonso who is currently a senior at Detroit Cristo Rey High School. She earned a full, four-year scholarship worth $350,000 to the prestigious Notre Dame University through QuestBridge National College Match Scholarship program.

Miranda is one out of 2,242 finalists across the nation to receive this scholarship, but that number was narrowed down from the initial 6,683 who were originally in the running for consideration. Miranda holds a 4.0 GPA and is in the top of her graduating class, both determiners to be a scholarship finalist.

Miranda hopes to study global business and finance.

DETROIT cristo rey HIGH SCHOOL
the school that works

Miranda Alonso, graduating senior from Detroit Cristo Rey, is off to Notre Dame on a full scholarship

UMCI Breaks Ground

Con't from pg. 1

The cornerstone of the first building of the university was laid on Sept. 14, 1817—near the corner of Bates and Congress streets in Detroit—not too far from where the new UMCI will be located.

"Now the University of Michigan is back home and we couldn't be happier," said Detroit Mayor Mike Duggan, a U-M alumnus who was credited with the tenacity and determination to see the project through from idea to happening.

Duggan also shared the spotlight with Ross, a major U-M donor and alum and chairman of Related Cos. "The person who make this happen was a son of Detroit… and Stephen what you've done, you've changed the history of this city."

Ross, who is a Detroit native, said the UMCI project was "the longest of anything in my career…" But that even through the twists and turns since it was first announced in 2019, "nobody really lost faith because they saw how important this would be."

Sarah Hubbard, chair of the U-M Board of Regents, said the partnership will bring world-class research, education and entrepreneurship; innovation and talent-focused community development that will propel job creation in the city, region and statewide, and economic development in the city of Detroit.

It will all be "anchored by masters' degrees and workforce development programs that will focus on technology and innovation," Hubbard said. "All offered right here in Detroit, under the care of the University of Michigan leadership and built on the foundation of excellence that the Block M represents. We are excited to watch this program unfold, and excited to be making it happen in Detroit."

Other speakers at the event included, Gov. Gretchen Whitmer, Mary Sheffield, Detroit City Council president, Chris Ilitch, president and CEO of Ilitch Holdings, Laurie McCauley, U-M provost, Geoff Chatas, U-M chief financial officer, and Lisa Phillips, principal, Cass Tech High School.

"This is what we can accomplish when we work together and aspire to do tremendous things to lift up the people of our community to new heights. I am truly inspired by this entire initiative," Ilitch said.

"Today marks the beginning of a transformative journey that will undoubtedly shape the future of education, innovation, and collaboration," said Phillips. "Together, we are embarking on a journey that will empower our students with unparalleled opportunities to engage in hands-on learning experiences, connect with industry leaders, and explore the boundless possibilities that arise at the intersection of education and innovation."

And Sheffield voiced her belief that the UMCI would help secure the community for decades to come. "UMCI will serve as a vessel that will help us with the critical issue in our city which is retaining our talented, young Detroiters."

A group of valedictorians from Cass Tech were honored guests at the event. Laurie K. McCauley, provost and executive vice president for academic affairs, invited all of them to apply to U-M. She noted that elementary school students who may see the UMCI could be inspired to apply to obtain their own U-M advanced degrees. "That is the vision we are here to manifest: a hub of innovation for generations to come," McCauley said.

The UMCI will feature an array of inaugural degrees, as well as non-credit workforce development for in-demand areas like programming, entrepreneurship, and data science. And of course, a robust spectrum of community engagement that builds on the hundreds of U-M projects underway in Detroit.

The center, along with the P-20 Partnership at the School at Marygrove, the $40 illion Rackham building renovation, the U-M Detroit Center, which opened in 2005 in Midtown, and hundreds of other projects U-M works on with community partners around the city, are examples of how the university has stepped up its community engagement in the city in recent years.

UMCI will benefit from being near the proposed $1.5 billion,10-building mixed-use development that Related Companies and Olympia Development have joined forces to develop in The District Detroit near the Fox Theatre and professional sports stadiums.

"When complete, it will be a world-class research, education and entrepreneurship center, one that educates and retains world-class talent, one that drives innovation and economic growth and job creation, and one that empowers the next generation of Detroiters to dream bigger dreams … and transform their dreams into realities," Ono said.

UMCI inicia la construcción

Con't de pg. 1

La primera piedra del primer edificio de la universidad se colocó el 14 de septiembre de 1817, cerca de la esquina de las calles Bates y Congress en Detroit, no muy lejos de donde estará ubicado el nuevo centro.

"Ahora la Universidad de Michigan está de regreso en casa y no podríamos estar más felices", dijo El Alcalde de Detroit, Mike Duggan, un ex-alumno de la U-M a quien se le atribuye la tenacidad y la determinación para llevar el proyecto desde una idea hasta su realización.

Duggan compartió protagonismo con Ross, un destacado donante y ex-alumno de U-M y presidente de Related Cos. "La persona que hizo esto posible es un hijo de Detroit... y lo que has hecho, Stephen, has cambiado la historia de esta ciudad."

Ross, quien es nativo de Detroit, dijo que el proyecto ha sido "lo más largo de cualquier cosa en mi carrera..." Pero incluso a pesar de los giros y vueltas desde que se anunció por primera vez en 2019, "nadie perdió realmente la fe porque vieron lo importante que sería esto."

La Presidenta del Consejo de Regidores de la U-M, Sarah Hubbard, dijo que la asociación aportará investigación, educación y emprendimiento de clase mundial. Esta iniciativa promoverá la innovación y el desarrollo comunitario, enfocándose en el talento local para impulsar la creación de empleos en la ciudad, la región y el estado. Asimismo, contribuirá al desarrollo económico de la vibrante ciudad de Detroit.

Todo estará "anclado por títulos de maestría y programas de desarrollo de la fuerza laboral con un enfoque a la tecnología e innovación", dijo Hubbard. "Todo ofrecido aquí mismo en Detroit, bajo el liderazgo de la Universidad de Michigan y construido sobre la base de excelencia que representa la letra M de nuestra universidad. Estamos emocionados de ver cómo se desarrolla este programa y emocionados de estar haciéndolo posible en Detroit.

Entre los oradores se encontraban la Gobernadora, Gretchen Whitmer, la Presidenta del Consejo Municipal de Detroit, Mary Sheffield, Chris Ilitch, Presidente y Director Ejecutivo de Ilitch Holdings, Laurie McCauley, Rectora de la U-M, Geoff Chatas, Director Financiero de la U-M, y Lisa Phillips, Directora de Cass Tech High School.

"Esto es lo que podemos lograr cuando trabajamos juntos y aspiramos a hacer cosas tremendas para elevar a las personas de nuestra comunidad a nuevas alturas. Estoy realmente inspirado por esta iniciativa", dijo Ilitch.

"Hoy marca el comienzo de un viaje transformador que sin duda moldeará el futuro de la educación, la innovación y la colaboración", dijo Phillips. "Juntos, nos embarcamos en un viaje que proporcionará a nuestros estudiantes oportunidades inigualables para participar en experiencias de aprendizaje práctico, conectar con líderes de la industria y explorar las infinitas posibilidades que surgen en la intersección de la educación y la innovación."

Sheffield expresó su creencia de que el centro ayudará a asegurar la comunidad en las próximas décadas. "El centro servirá como un vehículo que nos ayudará con el problema crítico en nuestra ciudad, que es retener a nuestros talentosos jóvenes de Detroit".

Un grupo de estudiantes con honores de Cass Tech fueron invitados al evento.

Laurie K. McCauley, Rectora y Vicepresidenta Ejecutiva de Asuntos Académicos, invitó a todos ellos a aplicar a la U-M. Señaló que los estudiantes de escuela primaria que podrían ver el centro podrían estar inspirados a aplicar para obtener sus propios títulos avanzados de la U-M.

"Esa es la visión que estamos aquí para manifestar: un centro de innovación para generaciones futuras", dijo McCauley.

El centro ofrecerá una amplia variedad de títulos, así como programas de desarrollo de la fuerza laboral que no requieren créditos, en áreas de alta demanda como la programación, el emprendimiento y la ciencia de datos. Además, se compromete profundamente con la comunidad, basándose en los cientos de proyectos de la U-M en marcha en Detroit.

El centro, junto con la Asociación P-20 en la Escuela de Marygrove, la renovación del edificio Rackham de $40 millones, el Centro de Detroit de la U-M que abrió en 2005 en Midtown, y cientos de otros proyectos que la U-M desarrolla con socios comunitarios en la ciudad, son ejemplos de cómo la universidad ha intensificado su compromiso con la comunidad en los últimos años.

El Centro de Innovación de la Universidad de Michigan se beneficiará de su proximidad al propuesto desarrollo de uso mixto de $1.5 mil millones y 10 edificios que Related Companies y Olympia Development se han unido para desarrollar en The District Detroit cerca del Fox Theatre y los estadios de deportes profesionales.

"Cuando esté completado, se convertirá en un destacado centro de investigación, educación y emprendimiento a nivel mundial. Este centro no solo educará y atraerá a talento excepcional, sino que también cataliza la innovación, el crecimiento económico y la generación de empleo. Asimismo, empoderará a la próxima generación de habitantes de Detroit para que sueñen en grande… y conviertan esos sueños en realidades", afirmó Ono.

Escrito por Greta Guest de Michigan News, adaptado al español por Juan Ochoa de Michigan News.

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The UMCI will be built on 2 acres of this parking lot, a donation of land from Olympia Development

SPECIAL, WORLD'S CULTURES

Christmas 2023

Let go what's already gone

December 24 of this year finds us on Sunday, in spanish Domingo from the Latin Dominicus "Lord", which means the day of the Lord because Christ was resurrected on this day, though in english keeps its linguistic root as day of the Sun, keeping the roman empire ruling. It is interesting that in 2023 he was not only resurrected on Sunday, but will also be born after midnight around Monday, December 25. This 2023 has brought us a vast amount of uncertainties and it is a year in which changes have been abundant, let's wait for this 2024 by letting go of what is extra and let's prepare.

Knowing that it is the end of the year, we not only expect to receive, but also to give and let go, to let go of what has given us joy, but that it is time to open new paths, since it is common to hear that as it is outside, so inside, and let's leave a outside ready for a clean inside and with good thoughts.

Marie Kondo and her method for organization based on Japanese philosophy, suggests that so that one only keeps what gives true excitement and joy when having it, that is, everything that we have left over and is extra, it is time to give it a new one. home. So let's go little by little in our house.

In our kitchen we may find a large number of jars and containers, it is a good time to take them out and check which ones have their lids, which ones are useful, which ones are not, to put them in a bag and remove those that we already have repeated or that are simply no longer necessary . In the same way, among our pots and pans, we may have accumulated more than necessary and we only need five that are large for family gatherings or with friends, and a few smaller ones for everyday use.

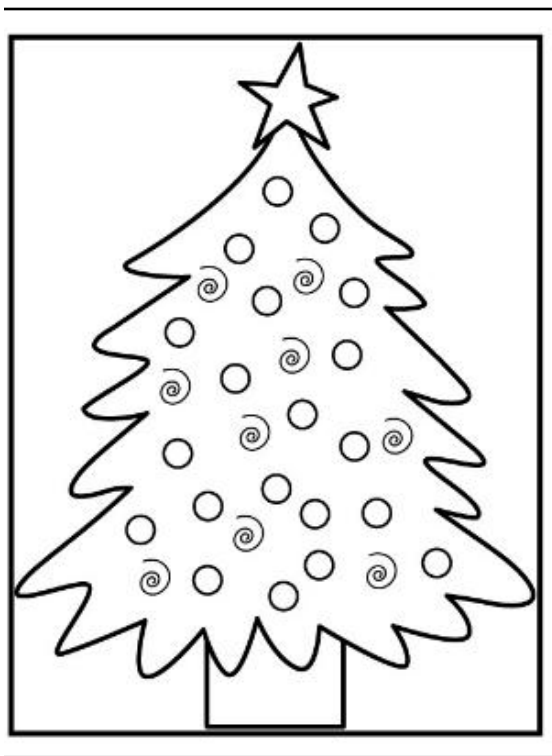
Now let's go to our bedroom and face the closet, our closet, take out all our blouses or shirts and check which of them are the ones we really used in these last two months, which ones we haven't, which ones are already damaged and it's time to repair or of letting go. Clothes not only dress us, they also identify us, they make us feel like ourselves, comfortable or uncomfortable, ugly, handsome, beautiful, attractive. Maybe we have several clothes that are too loose and there is no way to darn or repair them, or some that are too tight. Clothes are so that we can use them with confidence, so let's take advantage of what we don't like and give it circulation, because maybe someone will be able to put it to good use. Maybe we only need a third or half of what we have, maybe someone can take advantage of it.

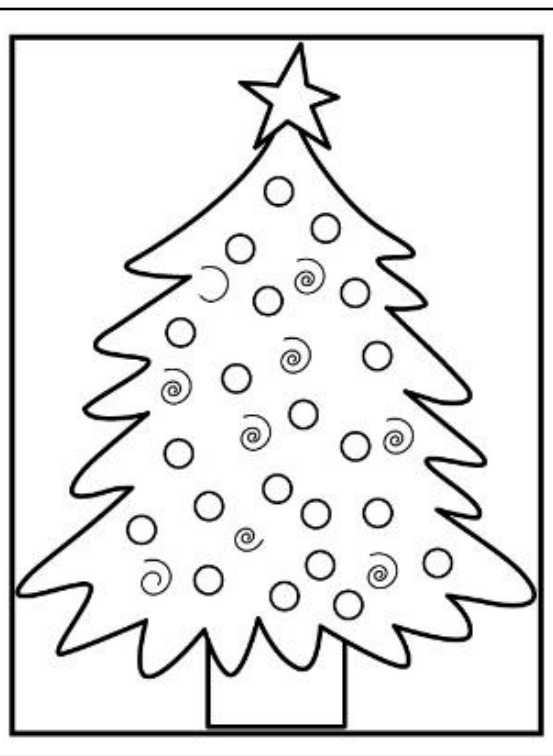
Let's look at the room, what is on the wall and on the furniture can go, what of it we want to keep.

The life we have is also the life that we can choose from small actions such as decorating little by little, to decorate we must carefully choose what stays on the wall, what stays on the armchairs and what stays on the furniture. We may have extra things, let's let them go.

For everything that is time to take out, there are special places in Detroit for them, not only in the Salvation Army, but also in the different recycling centers or Recycling Centers, where you can take your things such as glass bottles, metal items and electronics. , books, clothes, furniture, miscellaneous items and that someone can put them to good use.

Spot the 5 differences!!





Tell them you saw it in Diles que lo viste en
EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Navidad 2023

Dejemos ir aquello que ya fue

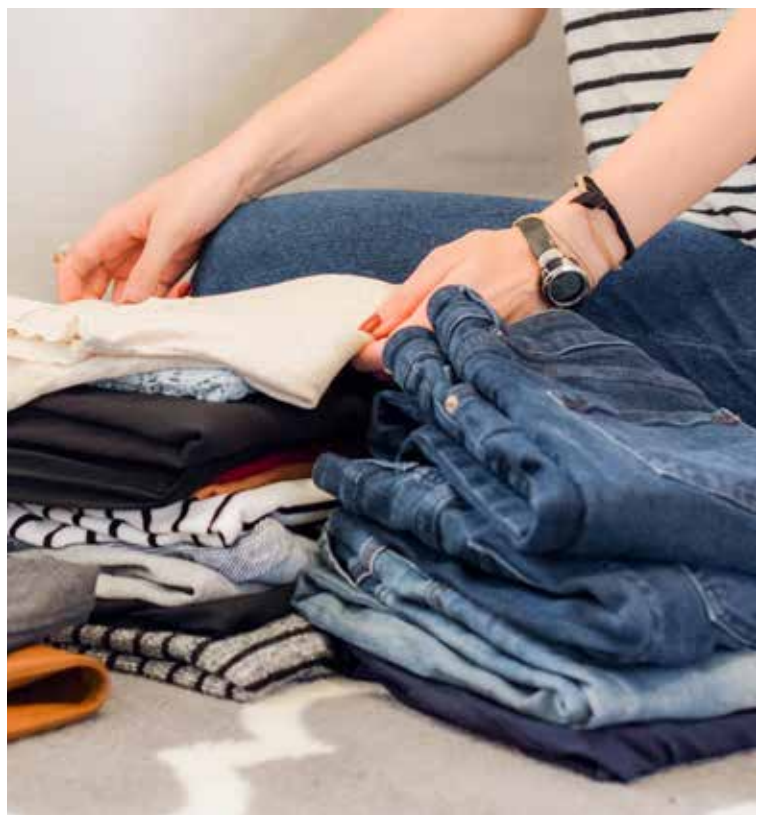
El 24 de diciembre de este año nos encuentra en domingo, del latín Dominĭcus "Señor", que significa el día del señor por en este día haber resucitado Cristo. Es interesante que en este 2023 no sólo resucitó en domingo, sino que también nacerá pasada la media noche hacia el lunes 25 de diciembre.

Este 2023 nos ha traído una vasta cantidad de incertidumbres y es un año que los cambios han sido abundantes, esperemos este 2024 dejando ir lo que está de más y preparémonos.

Sabiendo que es fin de año no sólo esperemos recibir, sino también para dar y dejar ir, soltar aquello que nos ha dado alegrías, pero que es tiempo de abrir nuevos caminos, pues es común escuchar que como es afuera es adentro, y dejemos un afuera listo para un adentro limpio y con buenos pensamientos.

Marie Kondo y su método para la organización con base en la filosofía japonesa, sugiere que para que uno sólo conserve aquello que da verdadera ilusión y alegría al tenerlo, es decir, todo aquello que nos sobra y está de más, es momento de darle nuevo hogar. De manera que vayamos de poco en poco en nuestra casa.

En nuestra cocina quizá encontremos una gran cantidad de frascos y recipientes, es buen momento para sacarlos y revisar cuáles tienen su tapadera, cuáles sirven, cuáles no, para poner en una bolsa y sacar aquellos que ya tenemos repetidos o que simplemente ya no son necesarios. De la misma manera entre nuestros sartenes y ollas quizá hemos acumulado más de los necesarios y sólo necesitamos cinco que sean de gran tamaño para las reuniones familiares o con amigos, y unos pocos más pequeños para el día a día.



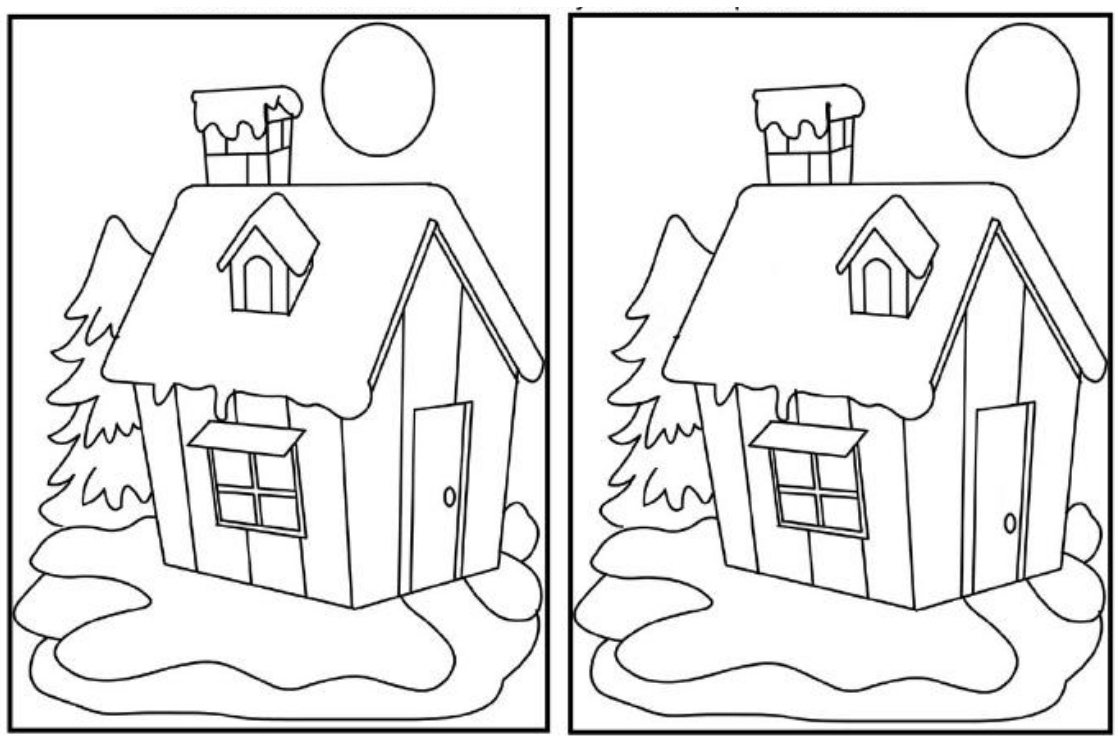
Ahora vayamos a nuestra recámara y enfrentémonos con el clóset, con nuestro armario, saquemos todas nuestras blusas o camisas y revisemos cuáles de ellas son las que realmente usamos en estos últimos dos meses, cuáles no, cuáles ya están dañadas y es momento de reparar o de dejar ir. La ropa no sólo nos viste, pues también nos identifica, nos hace sentir como nosotros mismos, cómodos o incómodos, feas, feos, guapos, bellas, atractivos. A lo mejor tenemos varias prendas que nos quedan holgadas de más y no hay manera de zurcir o reparar o algunas que nos quedan demasiado ajustadas. La ropa es para que la podamos usar con confianza, así que aquello que no nos vega a gusto, aprovechemos y démosle circulación, pues quizá alguien podrá darle buen uso. A lo mejor sólo necesitamos un tercio o la mitad de lo que tenemos, a lo mejor alguien puede aprovechar.

Veamos la sala, qué de lo que hay en la pared y en los muebles puede irse, qué de ello queremos conservar.

La vida que tenemos es también la vida que podemos elegir desde pequeñas acciones como decorar de poco a poquito, para decorar debemos elegir cuidadosamente qué se queda en la pared, qué se queda en los sillones y qué se queda en los muebles. Puede que tengamos cosas de más, dejémoslas ir.

De todo aquello que es momento sacar, hay lugares en Detroit especiales para ellos, no sólo en Salvation Army, sino también en los diferentes centros de reciclaje o Recycling Centers, a donde puedes llevar tus cosas como botellas de vidrio, artículos de metal y electrónicos, libros, ropa, muebles, artículos varios y que alguien puede darles buen uso.

¡¡Encuentra las 5 diferencias!!



Espera nuestro Especial Semanal
CULTURAS LATINOAMERICANAS,
by Mariana Ayón RV

Cesar Chavez Academy Youth Violinists

Con't from pg. 1

Inspired by her love of Mexico, Garcia watches the Mariachi Extravaganza, one of the most important Mariachi festivals in the world, and the Mariachi Vargas de Tecalitlán, considered the premier Mariachi group in Mexico.

She lists off influences, such as Itzhak Perlman, a violin virtuoso and a superstar in classical music, and Chloe Chua, a child prodigy from Singapore.

"When I feel like I can't keep going, I watch progress videos on YouTube," she says. It motivates her to keep practicing the violin. Sometimes, she learns in fragments, picking up the hardest parts first until she masters them and then moving on to the easy parts and she puts it all together. Learning is a work in progress, Garcia says.

Lopez-Gonzalez auditioned with a different piece—Mozart's Eine Kleine Nachtmusik.

Both Garcia and Lopez-Gonzalez are taking coding classes. Lopez-Gonzalez says that he hopes to make an app to connect music lessons to people in places where music lessons are hard to come by—places like Bogotá, Columbia, where he grew up.

As his friends were listening to Colombian and Latin pop music, Lopez-Gonzalez says it was difficult for him to pivot to classical music on the violin when the rest of the country was moving to a different beat.

Lopez-Gonzalez can play 11 instruments, including the flute, piano, guitar, cello, accordion, and ukulele, but the violin is the instrument in which he is most proficient. He recalls asking his parents for a violin six years ago, and though the guitar was a common fixture in his home, it was difficult to convince them to purchase one.

He speaks wistfully about studying music in college and one day playing first violin in a principal orchestra. His top schools of choice are Michigan State University, the University of Michigan, Cleveland Institute of Music, and The Juilliard School. Though he has come a long way, Lopez-Gonzalez admits it wasn't always easy.

He credits God and his Christian upbringing for imbuing him with musical ability, but he also recognizes that it takes perseverance.

"A lot of people start to play, and when it doesn't go right, they give up, they say this isn't for me," Lopez-Gonzalez said. "Sometimes the resources aren't there, but it is possible to learn an instrument."

Musically, what challenges him is the expression and sentiment behind a piece, what brings it to life. He often thinks about one of his favorite musicians, American violinist and three-time Grammy winner Hilary Hahn, and wonders what she thinks about when she plays. He is currently learning a piece by Jean Sibelius for a possible future audition.

"Since I was little, I liked music without lyrics," Lopez-Gonzalez said. "I find it fascinating how classical music can express a pure emotion without words."

Estefania Arellano-Bermudez is a lifelong Detroiter. She has published in the Telegram News and believes words evoke magic.

******

This story was made possible by the Race and Justice Reporting Initiative at the Damon J. Keith Center for Civil Rights. The goal of the initiative is to build trust between the news media and Black, Indigenous, and People of Color communities to strengthen representative democracy.

Strangers No Longer to Continue the Struggle for Drivers Licenses for Immigrants into 2024

By Bill O'Brien

More than 100 leaders of Strangers No Longer vowed to carry on their fight in the presence of State Senator Stephanie Chang (Royal Oak) and State Representative Tyrone Carter (Southwest Detroit) at the Strangers No Longer Assembly for Human Dignity in Detroit last Friday, December 15. Sen. Chang and Rep. Carter are primary champions of the DRIVE SAFE legislative campaign, which, if successful, would reinstate laws allowing undocumented immigrants to get a Driver's License and State ID.

Strangers No Longer also heard testimony from several immigrants about Wage Theft. The Michigan Regional Council of Carpenters and Millwrights, representing over 14,000 workers in Michigan, asked Strangers No Longer to join their efforts to enact legislation that would punish Wage Theft, regardless of a person's immigration status. A representative of the Michigan Immigrant Rights Center encouraged Strangers No Longer to join the campaign.

Wage Theft and Drivers Licenses for Immigrants will be topics of the Strangers No Longer Advocacy Day in Lansing on March 19. For Catholics, that date is the feast day of St. Joseph the Worker. Rich Faba, Chair of the SNL Advocacy Task Force, promised, "We'll really work on the legislators."

Immigrant leaders from Traverse City, Ionia, and Holland joined the Assembly. One of them exclaimed, "I never knew we immigrants had this much support." Fr. Dave Buersmeyer and six Immigrant Leaders blessed all the participants with the prayer, "Go with God into 2024."

Rep. Tyrone Carter addresses Strangers No Longer as Sen. Stephanie Chang and Steve Purchase of the Michigan Regional Council of Carpenters listen

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Cristo Rey Junior Kaylee Razo does a shout out for Strangers No Longer's Youth in Action for Immigration. She is Advocacy Chair of the youth contingent of SNL

Wishing you and your family a very Merry Christmas and a prosperous New Year

From EL CENTRAL Hispanic News!

It's been another eventful year for the team at *EL CENTRAL Hispanic News*! We take pride in bringing our readers the "most original" and "most local" stories for and about the Latino community and residents of Southwest Detroit and the metro area.

By the nature of what we do, our team doesn't always have the chance to meet face to face but we took the opportunity to gather last week for a holiday dinner at Armando's Mexican Restaurant (just a short walk down the block from the EL CENTRAL office on W Vernor).

Writers and photographers – who often work alone – got to meet the editors and graphic artists who polish their stories with images and prose fit for final publication. The evening featured great Mexican dishes, spirits and music punctuated by a raffle personally sponsored by publisher Eva Garza Dewaelsche (who loves giving out the raffle prizes as much as the winners enjoy receiving them).

The roster of EL CENTRAL team members and writers who contributed stories about our community this past year appears at right. We all hope you enjoy and benefit from the information we have shared with you. It is our commitment to bring even more local stories and resources to you, our readers, in 2024.

Best wishes for a very blessed holiday season and a prosperous new year!

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Le deseamos a usted y su familia una Feliz Navidad y un próspero Año Nuevo

¡De parte de EL CENTRAL Hispanic News!

¡Ha sido otro año lleno de grandes acontecimientos para el equipo de *EL CENTRAL Hispanic News*! Estamos orgullosos de ofrecerles a nuestros lectores las historias más originales y locales para y sobre la comunidad latina, los residentes del suroeste de Detroit y el área metropolitana.

Por la naturaleza de nuestro trabajo, nuestro equipo no siempre tiene la oportunidad de reunirse personalmente, sin embargo, la semana pasada nos fue posible compartir juntos, en una cena festiva en el restaurante mexicano Armando's (a solo una cuadra de la oficina de EL CENTRAL en W Vernor).

Escritores y fotógrafos, que a menudo trabajan solos, conocieron a los editores y artistas gráficos que pulen sus historias con imágenes y prosa aptas para la publicación final. La velada contó con excelentes platos, licores y música mexicanos, realzados por una rifa patrocinada por la editora Eva Garza Dewaelsche (a quien le encanta repartir los premios de la rifa tanto como los ganadores disfrutan de recibirlos).

Arriba, aparece la lista de miembros del equipo de EL CENTRAL y escritores que contribuyeron con historias sobre nuestra comunidad durante el 2023. Esperamos que se hayan beneficiado y disfrutado de toda la información que compartimos con ustedes. Nuestro compromiso es brindarles aún más noticias y recursos locales a nuestros lectores en el 2024.

¡Nuestros mejores deseos en estas fiestas y un próspero año nuevo!

Traducción por Carmen Elena Luna

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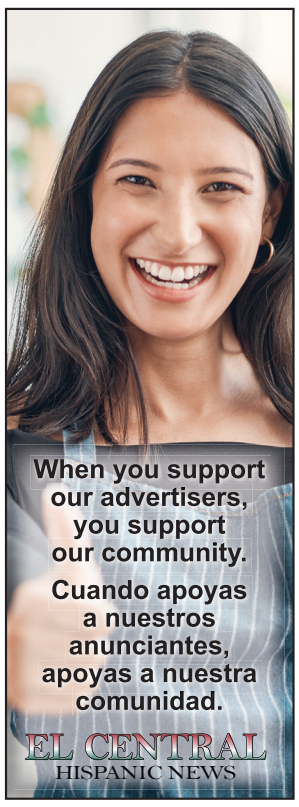

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EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The Detroit Lions (10-4) hosted the Denver Broncos (7-7) at Ford Field, this past Saturday, in front of 64,560 fans and a national TC audience.

The Lions dominated the Broncos 42-17.

The Detroit Lions have 3 games left in the regular season, and their playoff chances remain in the balance.

The Detroit Lions travel to take on the Minnesota Vikings on Sunday, Christmas Eve, December 24th at 1:00 pm (FOX), then travel to take on the Dallas Cowboys, Saturday, December, 30th at 8:15 pm (ESPN/ ABC), before returning back to Ford Field for their final game of the regular season, hosting the Minnesota Vikings, Sunday, January 7th (Time/ TV - TBD).

The Lions are currently still #1 in the NFC North, and currently would be hosting a playoff game (the first time at Ford Field).

If the Lions can win the last 3 games, they will win the division and host a playoff game at Ford Field, if they lose a few more games, and the Vikings beat the Lions (twice during the home and home games), then the Vikings will take the Division and the Lions will play a playoff game on the road.

Photos below are highlights from the Detroit Lions vs. Denver Broncos

Photo by Adam J. Dewey

Lions WR #14 Amon-Ra St. Brown jumps over Broncos defense S #6 P.J. Locke to score a touchdown. St. Brown had 7 receptions for 112 yards with 1 TD

Lions RB #26 Jahmyr Gibbs stiff arms Denver Broncos defense LCB #2 Pat Surtain II. Gibbs had 11 carries for 100 yards with 1 TD and 2 receptions for 8 yards with 1 TD

Lions TE #87 Sam LaPorta scoring one of his 3 touchdowns in the game. LaPorta had 5 receptions for 56 yards with 3 TD's

Lions DE #97 Aidan Hutchinson tackles Broncos RB #33 Javonte Williams. Hutchinson had 3 tackles and 1 assist in the game

Lions QB #16 Jared Goff rolls out of the pocket to pass to Amon-Ra St. Brown in the first quarter. Goff was 24 for 34 for 278 yards with 5 TD's

Lions head coach Dan Campbell shakes the hand of his former head coach, Sean Payton (Broncos head coach), from his time playing tight end for the New Orleans Saints

MLS DITCHES US OPEN CUP

EL CENTRAL HISPANIC NEWS SPORTS

David Levine
EL CENTRAL

Having previously expressed his disdain for the oldest national soccer championship in the United States, MLS Commissioner Don Garber played the role of Scrooge to the fullest last Friday. Just as US Soccer staff gathered for their annual holiday party, MLS dropped a news release indicating that they would be withdrawing the entire top division from the 2024 Lamar Hunt US Open Cup. He blindsided both US Soccer and the soccer community as a whole, leading to an explosion of vitriol on social media.

Instead of the US based top flight teams playing in the Open Cup, the league announced that their reserve sides in the third division rated MLS NEXT league will fulfill their obligations to the tournament. This will leave DC United entirely out, because do not have a reserve team. In their sterile statement, they cited fixture congestion as the main reason for not participating. They believe that saving those six fixture dates, on which not all of the teams play because most are eliminated as the tournament progresses, will alleviate a problem they caused by creating the ludicrous month-long money grab that is the Leagues Cup with Liga MX.

The other factor to consider in their withdrawal is that MLS does not control the tournament. They don't control the draw, the selection of home venues (especially for the non-MLS teams), and they don't control the broadcasts. MLS just started a major deal with Apple TV that has removed the league from local broadcasts altogether, and severely limited over the air telecasts to the general, non-streaming public. CBS took over the Open Cup in 2023. There is also the risk of humiliating defeats to non-MLS teams that Garber and his cronies must have found increasingly difficult to stomach.

Garber's persistent attempts to turn MLS into some kind of NFL derivative have long been anathema to a significant portion of the soccer public in the US. Already, the ownerships' insularity and lack of transparency have turned off people. For many who decry the absence of promotion and relegation and the integration of the entire soccer pyramid in the US, this gives them yet another reason to tune out the domestic league.

Withdrawing from the top domestic cup competition isn't entirely without precedent. Manchester United famously withdrew from the FA Cup during the 1999-2000 season to participate the FIFA World Club Cup. They faced fierce backlash from their own supporters, as well as the English public. But, that is one team, one time, not an entire division.

Does US Soccer have any recourse? A little. According to US Soccer's Pro League Standards, all US based teams are required to participate in all the US Soccer and CONCACAF competitions for which they are eligible. The federation could reply with its own bomb and withhold sanctioning of MLS as the first division, in effect putting the league outside of FIFA standards. That would probably start a massive legal fight among a raft of lawyers, with lawsuits dragging for years.

US Soccer is the body responsible for designating the participants in the CONCACAF Champions Cup. The winner of the US Open Cup earns a spot. Without MLS teams participating, that spot could go to a USL team for 2025. But, what if a team from MLS NEXT won? Would the first team usurp their place or would they have to send the reserve team? CONCACAF has to deal with that.

Of course, any USL city hoping to draw Inter Miami next year and have Lionel Messi come to town can forget about that. Local fans can tell great stories of attending games hosted by the Flint City Bucks in their previous guises against the Tampa Mutiny, Miami Fusion, Chicago Fire, Columbus Crew, and NY/NJ Metrostars. The win over Chicago at Ultimate Soccer in Pontiac was the team's second victory over an MLS team. Detroit City fans will always relish beating the Crew in 2022. Those nights when the top flight teams come to town make the Open Cup extra special. It's part of the magic of cup football every country experiences. In France, Paris St. Germain, with Kylian Mbappe and a number of stars drew US Revel from the 6th tier of French football in the round of 64 of the Coupe de France. The amateurs celebrated wildly just to have one game against international stars. It will be the night of their lives.

Don Garber and MLS' owners don't care about that. They don't care much about developing soccer in the United States. Much like Charles Dickens' most famous villian, Scrooge, they only care about the money. Marketing Messi while he can still run a bit has taken on far more importance than the legacy MLS wants to leave. This crass attempt to become some sort of NFL of soccer won't raise the league's standing globally. It might even lower it more at home.

Upcoming College Football Bowl Games !!!

Ford Field will be hoping after Christmas, by hosting the Quick Lane Bowl, when Bowling Green University takes on the Minnesota Golden Gophers, on December 26th, at 2:00 pm (ESPN).

#1 University of Michigan Wolverines will take on the #4 Alabama Crimson Tide, on January 1st, 2024, for the NCAA Football Semifinal game, at the Rose Bowl, at 5:00 pm (ESPN).

Winner of the Rose Bowl, will move onto the NCAA National Championship game on Monday, January 8th, at 7:30 pm (ESPN)

Minnesota Golden Gophers head coach P. J. Fleck leading his team onto the field, from a previous home game this season.

P. J. Fleck and the Golden Gophers have been to the Quick Lane Bowl game before in 2018, when they took on the Georgia Tech Yellow Jackets, and beat them 34-10. They look to repeat the victory and defeat Bowling Green.

P. J. Fleck was previously the head coach for Western Michigan Broncos (from 2013-2016).

Photo on left provided by the Minnesota Golden Gophers

EDITORIAL OPINION

"Can a Mexican Woman Replace a Popular President?"

By Raoul Lowery Contreras

Mexican President Andres Manuel Lopez Obrador is termed out of office in nine months. He is as popular today as he was when elected in 2018. Why?

Two different polls stand out to this observer; one published in Mexico City's Reforma newspaper with the other in Mexico's leading economics paper, El Financiero:

Reforma Newspaper. "Good/Bad" Poll on Social Programs (cash in the form of new/larger pensions and rising minimum wages); Good - 72%, Bad - 14%.

Good/Bad Poll on "Combating Organized Crime" Poll; Good - 23%, Bad - 52%...

El Financiero, November 23: General approval of AMLO 56%;

Approval by people over 50 = 69%; On the economy, 36% approve-49% disapprove; Public security, 24% approve, 63% disapprove; Public corruption, 35% approve, 47% disapprove; Social Programs - 51% approve, 30% disapprove.

These two poll results frame some interesting questions.

If Lopez Obrador was running for reelection could he win the election running on large disapproval of his economics (47%); disapproval of corruption in his administration (47%); and disapproval of his public security (an overwhelming 63%)?

As he's not able to run, can Lopez Obrador convert his approval by people over 50 for social programs to his "Morena" party's nominee for President Claudia Sheinbaum?

Many, if not all polls so far predict Sheinbaum will win. Nonetheless, transferring popularity works when approval and popularity are transferable. They aren't always.

Record numbers of murdered people can be transferred when the President directly refuses to arrest and convict murderers. In this campaign, pinning record numbers of murders on the President is not difficult. On corruption, videos of the President's brother receiving shopping bags full of pesos can be easily interwoven with videos of hungry children from "extreme poverty" neighborhoods. Additionally, AMLO promised his government would solve the suspected murder of 43 students in the state of Acapulco the Army has been associated with. He hasn't produced. This would be a matter of Public Security.

The cost of canceling a 50%-completed world-class and necessary airport should be constantly shown on TV ads that relate the cost to how much food that would buy for the extreme poor of Mexico.

One might also include the stumbling of Lopez Obrador at the beginning of the COVID epidemic that undoubtedly cost thousands of lives. How many of Mexico's poor died because vaccines weren't available because the government was miles behind governments of many other countries. This would be a Public Security matter.

The June election of Mexico's new President will be staffed with millions of Mexicans hired by the national electoral institute President Lopez Obrador attempted to disempower - disembowel. He would have replaced independent vote counters by his own partisan party hacks. The only reason Lopez Obrador lost the fight of his Plan A and B to destroy the independent electoral agency was the Mexican Supreme Court ruled that he could not change the Constitution without a three fourths super-majority of the Congress and Senate.

AMLO has announced that as his last Presidential effort of his Presidency he will ask Congress to change the Supreme Court from the traditionally appointed and senate confirmed membership to an elected body. He wants voters to select justices supported by political parties, in particular by his political party that currently is favored by a majority of Mexicans. Will he succeed?

Can AMLO's social popularity be transferred to Caludia Sheinbaum? Will she win the Mexican Presidency and extend President Andres Manuel Lopez Obrador's administration? Will she pull Mexico further to the left internationally? In other words, will Mexico be better friends with Cuba and Nicaragua or with the United States and Canada? Will she further her sponsor's proclivity to redirect Mexico's progress as a dynamic economy to a gigantic welfare state in which the government delivers cash that buys votes? Will she help or destroy the drug cartels that control huge regions of Mexican territory thanks to President Lopez Obrador's orders pulling the Army away from hunting "narcos" to building airports no one wants.

Opinions in this column are not necessarily those of the Publisher or Editor

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EL CENTRAL
HISPANIC NEWS

Salud/*Health*

Tips to Support Your Metabolic Health in the New Year

(StatePoint) Good metabolic health is the backbone of great overall health. Unfortunately, many Americans misunderstand what metabolic health is and are not aware of its importance.

A recent poll from Metavo/Harris Poll Study reveals that nearly three in four North Americans have experienced at least one issue related to metabolic health in the past year, while only 52% have heard, read or seen information on metabolic health issues.

What's more, only 30% of North Americans know that metabolic health is not the same as gut health, and many falsely believe that metabolic issues mostly occur in those who are overweight.

"This knowledge gap plays a factor in why many health issues related to metabolic health, such as brain fog, food cravings and energy slumps, often go unaddressed," says Dr. Paul Spagnuolo, associate professor in the Department of Food Science at the University of Guelph, whose research includes finding new ways for people to proactively support their metabolic health.

Issues related to metabolic health can take a toll on your mental wellbeing, your ability to perform your job, and even your social life and personal relationships, making it critical to nip them in the bud. To improve your metabolic health and feel your best in 2024, consider these tips:

• Get active. Whether you're hitting up the gym for a weight training session or simply going for a longer walk during your day, daily physical activity is recommended to support your metabolic health. Find activities, daily movement and workouts you enjoy and stick with them.

• Prioritize proper sleep. Maintaining proper sleeping habits can help to keep your insulin and hormone levels balanced.

• Fuel often. Fueling more frequently can boost your metabolism. Being sure to eat smaller portions at regular, consistent times every day and drinking plenty of water can also help improve metabolic health. Set alerts on your phone, or even use a hydration app, to help you remember to drink up.

• Explore supplements. Consider taking a daily supplement designed to support metabolic health and activate metabolism naturally, like Metavo. Featuring the proprietary avocado compound Avocatin B, also known as AvoB, Metavo Advanced Glucose Metabolism Support activates your metabolism naturally at the cellular level.

"Having a flexible metabolism at the cellular level enables the body to properly metabolize fats, proteins and carbs to help improve insulin sensitivity, glucose tolerance and energy," says Dr. Spagnuolo, whose research led to the development of Metavo.

The brand also carries Metavo Advanced Weight Support, a supplement featuring clinically proven ingredients that help burn fat, support weight loss, and provide increased energy, as well as Metavo Advanced Weight Support Meal Replacement Powders, which are designed to be the perfect "metabolic" meal, with 20 grams of complete protein and whole food vitamins and minerals. These supplements can complement GLP-1, or other medications that treat obesity and diabetes. Plus, there is Metavo Glucose Metabolism Support with Berberine, which targets metabolic inflexibility to increase insulin sensitivity, support healthy glucose metabolism, cardiovascular support and more. To learn more, visit www.metavo.com.

When it comes to metabolic health, consistency is key. In the New Year, resolve to make physical activity, healthy eating, proper sleep and the right supplements a regular part of your routine.

Consejos para apoyar su salud metabólica en el nuevo año

(StatePoint) Una buena salud metabólica es la columna vertebral de una excelente salud general. Desafortunadamente, muchos estadounidenses no entienden qué es la salud metabólica y no son conscientes de su importancia.

Una encuesta reciente de Metavo/Harris Poll Study revela que casi tres de cada cuatro norteamericanos han experimentado al menos un problema relacionado con la salud metabólica en el último año, mientras que sólo el 52 % ha escuchado, leído o visto información sobre problemas de salud metabólica.

Es más, sólo el 30% de los norteamericanos sabe que la salud metabólica no es lo mismo que la salud intestinal, y muchos creen erróneamente que los problemas metabólicos ocurren principalmente en personas con sobrepeso.

"Esta brecha de conocimiento es un factor que explica por qué muchos problemas de salud relacionados con la salud metabólica, como la confusión mental, los antojos de comida y los bajones de energía, a menudo no se abordan", dice el Dr. Paul Spagnuolo, profesor asociado en el Departamento de Ciencias de los Alimentos de la Universidad. de Guelph, cuya investigación incluye encontrar nuevas formas para que las personas apoyen proactivamente su salud metabólica.

Los problemas relacionados con la salud metabólica pueden afectar su bienestar mental, su capacidad para realizar su trabajo e incluso su vida social y sus relaciones personales, por lo que es fundamental cortarlos de raíz. Para mejorar su salud metabólica y sentirse mejor en 2024, considere estos consejos:

• Manténgase activo. Ya sea que vayas al gimnasio para una sesión de entrenamiento con pesas o simplemente vayas a dar una caminata más larga durante el día, se recomienda realizar actividad física diaria para apoyar tu salud metabólica. Encuentre actividades, movimientos diarios y entrenamientos que disfrute y cúmplalos.

• Priorice el sueño adecuado. Mantener hábitos de sueño adecuados puede ayudar a mantener equilibrados los niveles de insulina y hormonas.

• Combustible con frecuencia. Recargar combustible con más frecuencia puede acelerar su metabolismo. Asegurarse de comer porciones más pequeñas en horarios regulares y constantes todos los días y beber mucha agua también puede ayudar a mejorar la salud metabólica. Configure alertas en su teléfono, o incluso use una aplicación de hidratación, para recordar que debe beber.

• Explore los suplementos. Considere tomar un suplemento diario diseñado para apoyar la salud metabólica y activar el metabolismo de forma natural, como Metavo. Con el compuesto patentado de aguacate Avocatin B, también conocido como AvoB, Metavo Advanced Glucose Metabolism Support activa su metabolismo de forma natural a nivel celular.

"Tener un metabolismo flexible a nivel celular permite al cuerpo metabolizar adecuadamente las grasas, las proteínas y los carbohidratos para ayudar a mejorar la sensibilidad a la insulina, la tolerancia a la glucosa y la energía", dice el Dr. Spagnuolo, cuya investigación condujo al desarrollo de Metavo.

La marca también ofrece Metavo Advanced Weight Support, un suplemento con ingredientes clínicamente probados que ayudan a quemar grasa, respaldar la pérdida de peso y proporcionar mayor energía, así como los polvos sustitutivos de comidas Metavo Advanced Weight Support, que están diseñados para ser el producto "metabólico" perfecto. comida, con 20 gramos de proteína completa y vitaminas y minerales de alimentos integrales. Estos suplementos pueden complementar el GLP-1 u otros medicamentos que tratan la obesidad y la diabetes. Además, existe Metavo Glucose Metabolism Support with Berberine, que se enfoca en la inflexibilidad metabólica para aumentar la sensibilidad a la insulina, respaldar el metabolismo saludable de la glucosa, el apoyo cardiovascular y más. Para obtener más información, visite www.metavo.com.

Cuando se trata de salud metabólica, la constancia es clave. En el Año Nuevo, resuelva hacer de la actividad física, la alimentación saludable, el sueño adecuado y los suplementos adecuados una parte regular de su rutina.

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